



**February
2023**

*Live Oak Senior Nutrition
Center, 111 Church St,
Los Gatos. \$3 suggested
donation over 60*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>1/30</u>	<u>1/31</u>	<u>2/1</u>	<u>2/2</u>	<u>2/3</u>
-Chicken Fried Rice with Peas and Carrots w/ Cold side of Romaine Salad w/ Balsamic Vinaigrette Fruit – Fresh Pineapple	- Turkey Meatballs w/ Pasta Marinara A side of Sautéed Garlic Spinach 10:30 am Yoga Fruit- Fresh Orange	- Veggie Breakfast Bowl W/ Herbed Roasted potatoes Served with a Wheat Roll Fruit- Fresh Cantaloupe	- Chicken Noodle Soup Served With a Side Spinach Salad Wheat Roll 10:30 am Tai Chi 12:30 pm Bingo Fruit –Mandarin Orange	-Al Pastor Pork Bowl with Black Beans and Sautéed onions and Red Peppers served over Spanish rice Fruit - Banana
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
- BBQ Pulled Chicken Sliders Served with a cold side of Cabbage Slaw Fruit- Fresh Cantaloupe	-Korean Beef Bowl Ground Beef with Sautéed Cabbage, Peppers and Mushrooms served over Brown Rice 10:30 am Yoga Fruit- Fresh Pineapple	-Veggie Scramble, Turkey Sausage and French Toast Fruit – Fresh Pear	- Turkey Meatloaf served with Mashed Potatoes and a side if Peas and Corn, Wheat Roll 10:30 am Tai Chi 12:30 pm Bingo Fruit- Fresh Orange	-Chicken Pesto Pasta Served with a side of Sautéed Spinach with Garlic Fruit- Fresh Mandarin
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
-Veggie Frittata Served with roasted red potatoes and a Wheat Roll Fruit- Fresh Apple	-Shepherd Pie Served with a cold side of Baby Carrots and Wheat Roll 10:30 am Yoga <i>Happy Valentines Day</i> Fruit – Mandarin	-Turkey & Bean Chili Served with a side of Spinach Salad, Raspberry Vinaigrette, and a Wheat Roll Fruit-Fresh Pineapple	-Teriyaki Chicken and Asian Blend Veggies served over Brown Rice With a side of Carrots 10:30 am Tai Chi 12:30 pm Bingo Fruit- Fresh Orange	- Baked Rockfish Filet Served with Herbed Brown Rice & Broccoli Cauliflower blend Fruit-Banana
<u>20</u> CLOSED	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
 PRESIDENT'S DAY	- Chicken & Veggie Potstickers served with Brown Rice & Green Cabbage Slaw 10:30 am Yoga Fruit- Apple	-Roasted Pork Tenderloin served with Mashed Potatoes and Steamed Broccoli Wheat Roll Fruit-Fresh Cantaloupe	-Beef & Broccoli Served over Brown Rice and Glazed Carrots 10:30 am Tai Chi 12:30 pm Bingo Fruit- Fresh Pineapple	-Turkey Sloppy Joes Served on a Wheat Bun with a side of Mardi Gras Slaw Fruit- Fresh Orange
<u>27</u>	<u>28</u>	<u>3/1</u>	<u>3/2</u>	<u>3/3</u>
-Oven Baked Ziti with Zucchini and a side of Steamed Broccoli Fruit-Fresh Pear	-Vegetarian 3 Bean Chili Served with Spinach Salad /Balmic Vinaigrette and a Wheat Roll 10:30 am Yoga Fruit- Fresh Pineapple	-Pulled Pork Sandwich Served on a Whole Wheat Bun with a side of Romaine Salad & side of Raspberry Vinaigrette Fruit- Fresh Cantaloupe	-Grilled Salmon Burger Served on a Whole Wheat Bun with a side of Lettuce and Tomato & Mardi Gras Slaw 10:30 am Tai Chi 12:30 pm Bingo Fruit- Mandarin	-Roasted Turkey with Roasted Herbed Potatoes and Steamed Cauliflower Whole Wheat Roll Fruit-Apple

Wk 1/30-2/3: Cobb Salad or Veggie Cobb Salad or Roast Beef Sandwich

Wk 2/6-10: Chicken Caesar Salad or Caesar Salad or Chicken Salad Sandwich

Wk 2/13-17: Chopped Chicken Greek Salad or Veggie Greek Salad or Tuna Salad Sandwich

Wk 2/20-24 Southwest Chicken Salad or Southwest Salad or Egg Salad Sandwich

WK 2/27-3/3 Asian Chicken Salad or Veggie Asian Salad or Turkey Cheddar Sandwich

